

Fitness Workouts - 3 day/week Women's Workout for Fat Burning Fitness Routine - WF-13

MONDAY

W a r m - u p

Treadmill for 15 minutes at medium intensity.

Workout Program		Sets	Reps
SUPER SET	exercise ball squat	3	12 to 15
	bodyweight pushup	3	12 to 15
SUPER SET	forward lunges	3	12 each side
	lat pulldown	3	12 to 15
SUPER SET	shoulder dumbbell press	2	12 to 15
	bicycle kick	1	25 each side

C a r d i o

Do only 30 minutes of cardio.
Get on the treadmill or exercise bike
enough energy left.

With the bicycle kicks, do
After week 2, NO more cardio

WEDNESDAY

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of ONE
workout only!

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COMPLETE
workout plans.

Notes